OBSERVACIONES:

COSMOPOLITAN WELLNESS CLUB

C/ GERONA 18-20 ALICANTE

Tel. 965 14 22 56

COSMOPOLITAN

WELLNESS CLUB

NOMBRE:	**TÉCNICO:** GEMA LLAMAS
FECHA DE INICIO:	**REVISIÓN:**

PLAN DE ENTRENAMIENTO

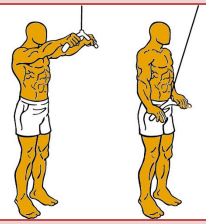
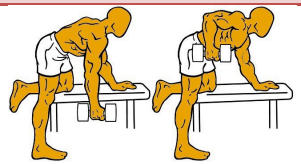
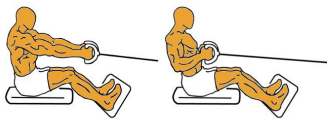
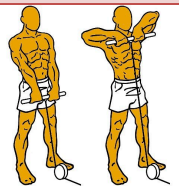
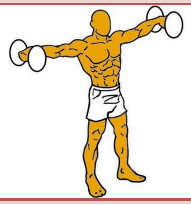
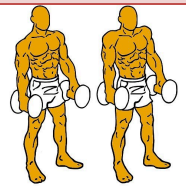
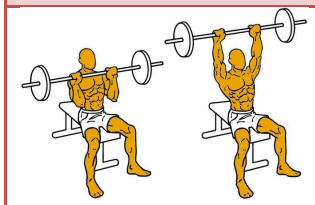
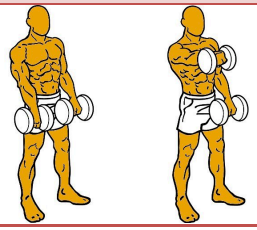
DÍA 1
DÍA 2
DÍA 3
DÍA 4
DÍA 5

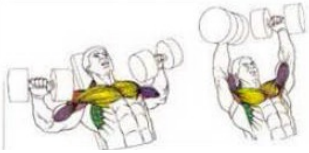
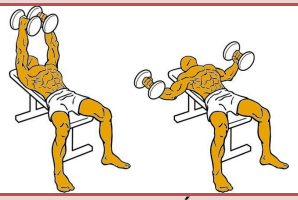
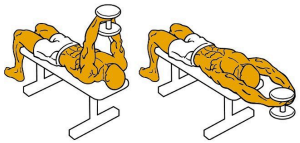
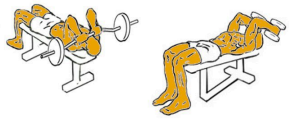
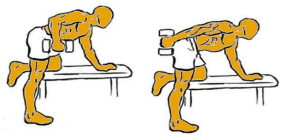
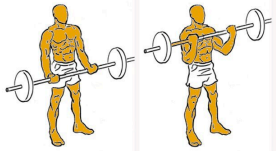
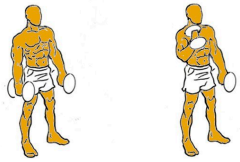
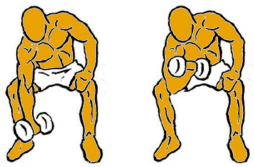
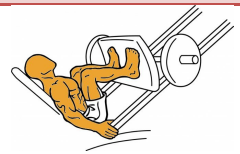
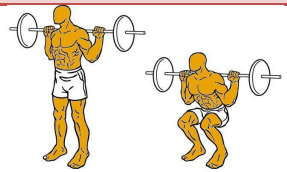
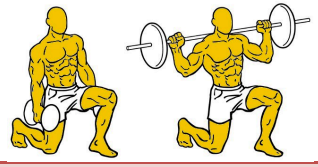
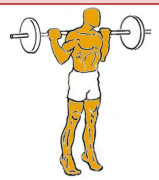
OBJETIVO:

CALENTAMIENTO CARDIO: ____ min.

ELÍPTICA	CINTA	REMOERGÓMETRO

CIRCUITO: ____ SERIES DE ____ REPETICIONES CON ____" de descanso.

PULL OVER CON POLEA ALTA	REMO CON MANCUERNA	REMO EN MÁQUINA
		
REMO AL CUELLO CON POLEA	**ELEVACIÓNES LATERALES**	**ENCOGIMIENTOS DE HOMBROS**
		
PRESS MILITAR	**ELEVACIONES FRONTALES**	**PRESS BANCA PLANO**
		

PRESS BANCA INCLINADO CON MACUERNAS	APERTURAS	PULL OVER CON MANCUERNA
		
PRESS FRANCÉS	**PATADA DE TRÍCEPS**	**CURL DE BÍCEPS**
		
CURL DE BÍCEPS ALTERNO	**CURL CONCENTRADO**	**PRENSA INCLINADA**
		
SQUAT CON BARRA	**LOUNGE CON BARRA**	**ELEVACIÓN DE TALÓN**
		
ISOMETRIC SIDE SUPPORT	**BRIDGE**	**ABD WHEEL**